

ABSTRACT

A backrest includes a back member having an upper and lower region and a frame member. A sacral support member has at least one end connected to one of the frame member and the back member and an opposite free end.

5 The sacral support member supports the back member at the lower region thereof. A fulcrum member is moveably disposed between a portion of the sacral support member and one of the frame member and the back member. The fulcrum member is moveable toward and away from the free end of the sacral support member. A method for adjusting a backrest includes engaging

10 a lower region of a back member with a sacral support member having a free end and a cantilevered length, engaging the sacral support member with a fulcrum member, and moving the fulcrum member toward and away from the free end of the sacral support member so as to thereby shorten and length the cantilevered length of the sacral support member.